

Edward Hines Jr. VA Hospital

HINES HERO

Serving with Pride

March/April 2014

Official Newsletter of the Edward Hines Jr. VA Hospital

Vol. 1, Issue 3



table of [CONTENTS]

Commentary	2
Charles' Locker Donation	3
Hines Health Fair	5
VA Initiative Reduces Opiod Use	5
Veterans Chop their Way to Health	6
Annual Income Reporting Removed	7
Word on the Street	7
Back in the Day	8
New Veteran ID Cards	8
Month in Review	9
Employee Spotlight	12
Hines Blood Drives	13
Construction Updates	15
Did You Know	16
Upcoming Events, Observances	18

The Hero

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COMMENTARY

Veteran-Focused Community Resources for Women: Changing our Cultural Definitions



VA providers have shown considerable effort in recent years to be more inclusive of women Veterans. Women have had a long and proud history in Military service, but it has only been within the past two decades or so that their status as Veterans has begun to be effectively

recognized by the nation they swore to defend with their lives. The past several years have seen many changes throughout the Veterans Health Administration that have been accompanied by the resounding mantra of "meeting the unique needs" of women Veterans. In my experience as a Veteran and as a VA Social Worker, this burgeoning acknowledgment is greatly appreciated and welcomed. Women's Health Clinics are being integrated into VA Medical Centers across the country. At Edward Hines Jr. VA Hospital, we have recently developed a multidisciplinary team of providers that meets regularly to discuss options for addressing the mental health needs of this population. Although we as a community are still in the early stages of truly understanding the needs and how to best integrate them into our programming, we are at least aware and taking an active role in the process.

It is true that women Veterans often have unique health needs, but one very important aspect must be kept in mind as we navigate these exciting changes. These women are still, simply, Veterans. Their need to be regarded equally as Veterans is no less and no different than men's.

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While the VA and the DoD are working to keep up with the changing face of Veterans, the non-government agencies around us are not always as savvy. There are remnants of the male-dominated Veteran culture still embedded in various facets of the society at large. Often, unless we attach the qualifier "woman" to the word "veteran" many community providers will automatically assume we are referring to a man. When an agency provides veteran-focused services, we can generally assume they will be able to serve men. We often cannot make this same assumption for women.

This disparity of available resources is, unfortunately, one of the daily challenges faced by the community of VA social workers. The paucity of veteran-focused resources available to women is especially apparent when it comes to emergency or transitional housing. Agencies that provide such housing are genuinely eager to serve Veterans, but can often only house males. This not only reduces options for women Veterans in need, but it once again reminds us that society still has a hill to climb to fully embrace women as veterans.

We are a culture in transition, and there is a noticeable forward momentum for progress. I have noticed an uptick in non-government agencies that are going out of their way to develop programs specifically for women Veterans, and this is encouraging. Progress is being made both within the VA and within our surrounding communities, but we still have work to do.

In military culture there is common saying - "One Team; One Fight." As VA Social Workers, we can and should bring this same attitude into the community outreach work we do. And most importantly, we should continue to advocate for the inclusion of women in our cultural image of Veteran.

Mary E. Bellomo, MSW
Social Worker
Hines VA Hospital

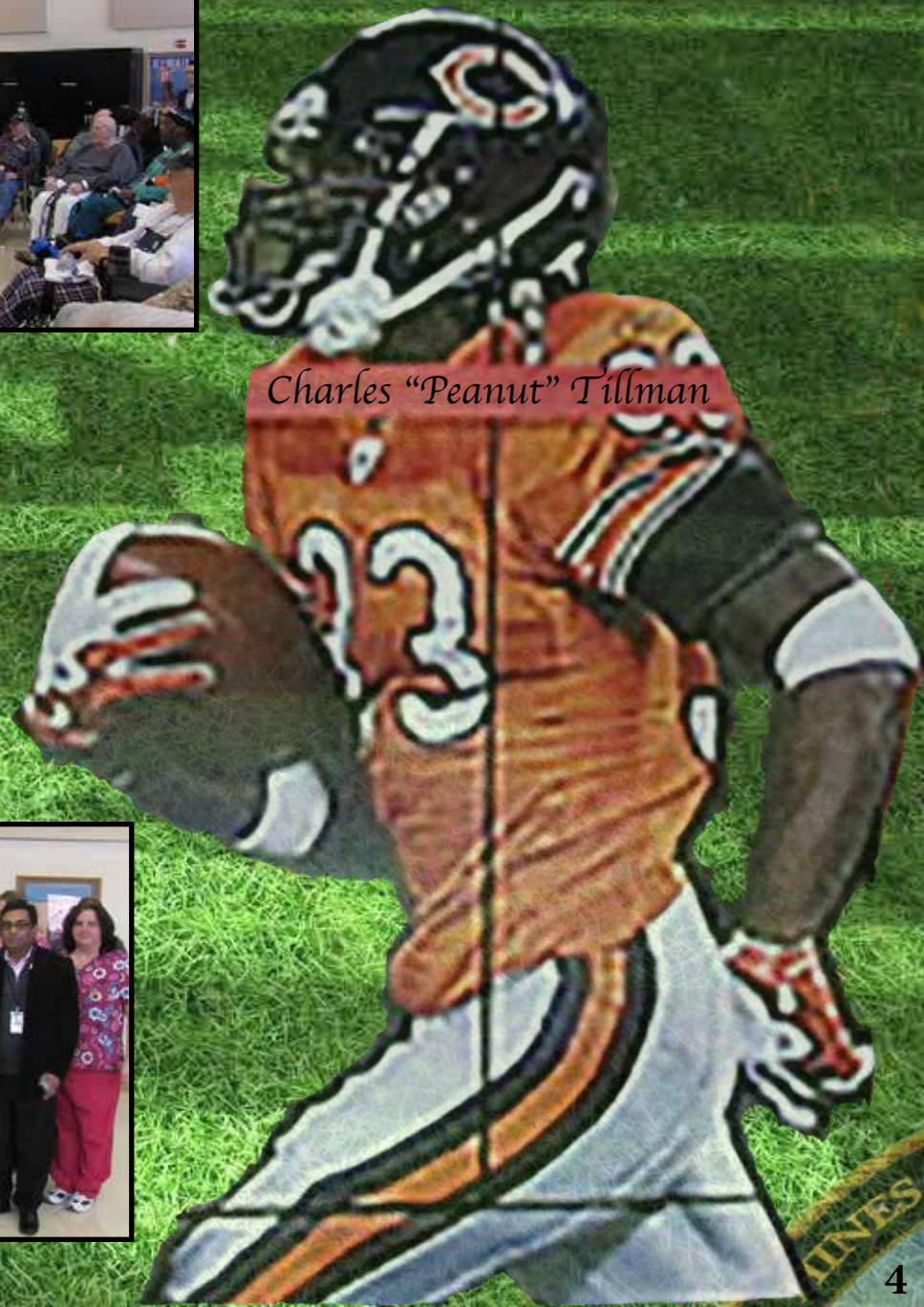
On the cover:



Hines Registered Nurse Beverly Jordan (left) stands with Army Veteran Pamela Tucker (right) during an appointment in the Hines Women's Health Clinic. (Photo by Dan DuVerney, Hines Media Service)

CHARLES' LOCKER

NFL player Charles "Peanut Tillman visited Hines March 8 to donate a "Charles' Locker" to the Veterans. The Charles Tillman Cornerstone Foundation's "Charles' Locker" enriches the lives of chronically and critically ill patients by providing them and their families with access to iPads, notebook computers, E-Readers, DVD players, portable Play Station game systems, and other electronic handheld devices, to pass the time during recovery and treatment. The foundation stocks the locker and provides security devices for the equipment.



Charles "Peanut" Tillman

Hines Health Fair Offers Free Screenings, Fun

HINES, Ill. – Free health screenings, plenty of resources and lots of fun are on the agenda at the fifth annual Edward Hines, Jr. VA Hospital Health Fair, scheduled for May 7, from 9 a.m. – 3 p.m. in the Hines auditorium.

All area Veterans are invited to the fair, which is being organized by the hospital's Health Promotion and Disease Prevention (HPDP) committee and will feature booths from different services and departments throughout Hines with free health information and screenings, including weight, BMI, blood pressure and body fat composition.

"The slogan for the health fair is, 'Keeping Hines Well and Well Informed' and that's exactly what we plan to do," said Lorry Luscri, the Hines HPDP Program Manager. "This is an opportunity for Veterans, caregivers, and staff to learn about how to improve health, and about services and programs available at Hines."

More than 1400 attendees participated in the Hines Health Fair last year, and the HPDP committee is looking forward to another large turnout this year.



"We expect a lot of people at this fun event," said Amanda Kalins, HPDP committee member. "It is one of the biggest events of the year."

Health behavior coaches will also be available at the fair to discuss plans for

starting or continuing important health changes.

For more information about the Hines Health Fair, please contact Lorry Luscri, Hines HPDP Program Manager, at 708-202-8387, extension 21228.

VA Initiative Shows Promise in Reducing Opioid Use

WASHINGTON – The Department of Veterans Affairs (VA) has initiated a multi-faceted approach to reduce the use of opioids among America's Veterans using VA health care. The Opioid Safety Initiative (OSI) is a comprehensive effort to improve the quality of life for the hundreds of thousands of Veterans suffering from chronic pain.

Launched in October 2013 in Minneapolis, Minnesota, OSI is already demonstrating success in lowering dependency on this class of drugs. At eight sites of care in Minnesota, OSI practices have decreased high-dose opioid use by more than 50 percent. OSI incorporates the team approach with the goal of reducing opioid use by alleviating a Veterans' pain using non-prescription methods. There is an emphasis on patient education, close patient monitoring with frequent feedback and Complementary and Alternative Medicine practices like acupuncture.

"We have developed and implemented joint pain management guidelines which encourage the use of other medications and therapies in lieu of habit forming

opiates," said Secretary of Veterans Affairs Eric K. Shinseki. "Early results give us hope that we can reduce the use of opioids for Veterans suffering with chronic pain and share these best practices across our healthcare networks."

The Opioid Safety Initiative faces the challenge of opioid dependency with an innovative and comprehensive plan that closely monitors VA's dispensing practices system-wide and coordinates pain management to include patient and provider education, testing and tapering programs, and alternative therapies like acupuncture and behavior therapy.

Veterans enrolled in the VA health care system suffer from high rates of chronic pain. Each VA facility employs personnel including Interdisciplinary Pain Medicine Specialty Teams and Consult Services, Facility Pain Committees, Pharmacy staff and Primary Care/PACT, and other professionals to accomplish the goals and objectives of the OSI.

VA has developed patient management initiatives including Pain Coach, which is a pain management app avail-

able for download by patients receiving pain management treatments, a Veterans' Health Library, including a Patient/Family Management Toolkit, and resources for Pain Management on My HealtheVet. All of these applications allow Veterans to better manage their pain without the use of opioids. VA's measurement-based pain care includes the "Pain Scale," which reduces uncertainty and helps Veterans by discussing the potential benefits of a medication and possible side-effects.

"The Opioid Safety Initiative is an example of VHA's personalized, proactive and patient-centered approach to health care. We are also using a full-range of support treatments for Veterans, including Complementary and Alternative Medicine," said Dr. Robert Petzel, VA's Under Secretary for Health. "We are delivering health care with the patient's long-term personal health goals at the forefront."

For further information, Veterans should contact their primary care health team. To learn more about VA health care, visit www.va.gov

Veterans Learn to Chop Their Way to Health

By Mike Grochocki, Dietetic Intern
Hines Nutrition and Food Service

Hines Nutrition and Food Service hosts the Cooking Healthy Everyday Food (CHEF) program, which is a series of monthly cooking classes for Veterans enrolled in nutrition programs here at Hines.

The CHEF program won the 2009 National Center for Health Promotion and Disease Prevention (NCP) Mini-Grant, and is now run solely by Hines' own Registered Dietitians. Veterans that are enrolled in the class are brought to the Nutrition and Food Service teaching kitchen and are greeted by countertops stacked with fresh meats, fruits, vegetables, and whole grains.

"We are expecting to see more than 200 Veterans this year, with approximately 18 participants each month," said Dana

Strohmaier, a Registered Dietitian in the Hines Nutrition and Food Service. "The program is currently a two-part series, with each class lasting approximately two hours."

After a safety and knife-skills briefing, Veterans get hands-on by making heart-healthy and diabetic-friendly recipes designed to showcase healthy food options and fundamental cooking techniques. They prepare meals like: foil-baked salmon, fresh Southwest salad with spiced grilled chicken, sautéed veggies and roasted brussel sprouts. CHEF also teaches about healthy desserts such as a strawberry walnut crumble. Important cooking skills are taught, including: chopping herbs, dicing vegetables, marinating meats, sautéing and roasting with less oil, and how to use quick microwavable products that are low in calories and sodium. The goal is to teach them skills that they can use at home.

When everything is ready, Veterans serve themselves according to the Healthy Plate recommendations and everyone sits down for a family-style lunch experience. Dietitians are there to guide lively, nutrition-focused discussions.

In addition to being a great social and educational experience, Veterans are seeing the value that it brings to their lives.

"Our patients have given us outstanding



feedback regarding the CHEF program," said Strohmaier. "Many Veterans comment that the classes give them a practical, hands-on way to connect healthy eating principles to the way that they cook."

If you know any Veterans who would be interested in the CHEF program, put in a consult for them with Nutrition and Food Service or encourage them to contact their provider about the option to join this unique and fun learning experience.



Happy 25th Anniversary to the Department of Veterans Affairs!

Twenty-five years ago, in 1988, Congress legislated changing the Veterans Administration into the Department of Veterans Affairs. The Department of Veterans Affairs Act of 1988 elevated the administration into the Cabinet-level department we know today. It was signed into law by President Ronald Reagan on Oct. 25, 1988, and came into effect under the term of President George H.W. Bush on March 15, 1989. Upon signing the act into law, President Ronald Reagan said, "It gives those who have borne America's battles, who have defended the borders of freedom, who have protected our Nation's security in war and in peace—it gives them what they have deserved for so long: a seat at the table of our national affairs."

25 Years

746M
POINTS OF CARE

245K
EMPLOYEES

415K
VA EDUCATION BENEFICIARIES

VA BECOMES A CABINET-LEVEL DEPARTMENT
1989

VA CENTER FOR WOMEN VETERANS ESTABLISHED
1994

VA BEGINS TELEMEDICINE PROGRAM
1997

50M
VA PATIENT VISITS FOR THE YEAR
2003

POST-9/11 GI BILL ESTABLISHED
2009

1.09M
VA EDUCATION BENEFICIARIES

340K
EMPLOYEES

1,750
POINTS OF CARE

NOW
2014

5

6

VA Removes Annual Income Reporting Requirement

WASHINGTON – The Department of Veterans Affairs (VA) is eliminating the annual requirement for most Veterans enrolled in VA's health care system to report income information beginning in March 2014. Instead, VA will automatically match income information obtained from the Internal Revenue Service and Social Security Administration.

"Eliminating the requirement for annual income reporting makes our health care benefits easier for Veterans to obtain," said Secretary of Veterans Affairs Eric K. Shinseki. "This change will reduce the burden on Veterans, improve customer service and make it much easier for Veterans to keep their health care eligibility up-to-date."

Some Veterans applying for enrollment for the first time are still required to submit income information. There is no change in VA's long-standing policy to provide no-cost care to indigent Veterans, Veterans with catastrophic medical conditions, Veterans with a disability rating of 50 percent or higher, or for conditions that are officially rated as "service-connected."

VA encourages Veterans to continue to use the health benefits renewal form to report changes in their personal information, such as address, phone numbers, dependents, next of kin, income and health insurance.

For more information, visit www.va.gov/healthbenefits/cost or call VA toll-free at 1-877-222-VETS (8387).


April is Sexual Assault Awareness Month!

Visit the F-lobby each Wednesday in April for resources, information and facts!

April 2, 9, 16, 23 & 30
11 a.m. - 1 p.m.
F-Lobby

You'll also get a chance to view "trauma-based" art created by Hines Veterans!

Hines Back in the Day




Cleaning instruments (Hines VAH Photo Archives)

NATIONAL DOCTOR'S DAY!

March 30th!

Take time to thank a doctor for their hard work, quality care and dedicated service to our nation's heroes!



WORD ON THE STREET

What's the most exciting thing you've ever done?



I became a parent. I've been a parent for 27 years now.

-Tyrone Jordan
Veteran



I deployed to Afghanistan.

-Jordon Wolf
Homeless Veterans Program



I went sky diving when I was younger.

-Dr. Cameron Walker
Oral & Maxillofacial Surgery



I gave birth to twins; a boy and a girl. They will be 18 years old this year!

-Cassandra Moore
Clinical Informatics



I administered bee-stings to Veterans as part of acupuncture care.

-Nancy J.
Outpatient Pharmacy



I got married! That was 40 years ago.

-David Chatman
Veteran



I got a job at Hines!

-Jake Kanuru
FMS Project Planning



I took a 23-day cross-country trip in my motor home with my family.

-Karen Dahlheimer
Blind Rehabilitation Center

New ID Cards for Vets Enrolled in VA Health Care

By Hans Petersen
VA Staff Writer

VA is introducing a new, secure identification card called the Veteran Health Identification Card (VHIC). VHIC replaces the Veteran Identification Card (VIC), which was introduced in 2004.

VA is committed to providing the high quality, safe and effective health care Veterans have earned and deserve, and part of this effort includes ensuring the personal security of Veterans.

As part of a phased rollout, on February 21, 2014, VA began issuing the newly designed, more secure VHIC to newly enrolled and other Veterans who were not issued a VIC. Starting in April VA will begin a replacement effort to automatically mail the more secure VHIC to Veterans who have the old VIC. All Veterans who are enrolled and have the old card should have their new replacement card by July.

VA expects to complete mailings of the replacement VHICs by July. To ensure receipt of the new VHIC, enrolled Veterans should make sure that VA has their correct mailing address.

The new VHIC is distinguished by additional security features and will have a different look and feel. The Social Security number and date of birth were

removed from the barcode and magnetic strip. Similar to a typical health insurance card, the VHIC displays the Veteran's Member ID and branch of service emblem, a new unique identifier, as well as a Plan ID which reflects the Veteran's enrollment in VA health care.

The VHIC is for use in VA medical facilities and does not authorize or pay for care at non-VA medical facilities.

Veterans can continue to use their current VIC card until their new VHIC is received as VA health care applications have been enhanced to read both the new VHIC as well as the old card. VA recommends Veterans safeguard their VIC as they would a credit card, and cut up or shred the card once it is replaced with the new VHIC.

If enrolled in VA health care, a Veteran who does not currently have a VIC can request a VHIC at their next VA health care appointment. In order to ensure your identity, you'll need to present an appropriate form of ID, such as your driver's license. And while you're there make sure that your record is updated with your current address. Your VHIC will be mailed

to you, generally within 5-7 days.

If you are not enrolled with the VA and want to receive a VHIC, you will need to apply for enrollment. You can do that online (which is the fastest way to apply for enrollment) at www.va.gov/healthbenefits/enroll. You can also apply by phone at 1-877-222-VETS (8387), by mail or in person at your local VA health care facility. Of course, you will need to go to your local VA to have your picture taken.

Veterans find it is convenient to bring in their identification documents and get their picture taken for their VHIC at their first scheduled appointment. Be sure to bring an appropriate form of ID such as your driver's license. Once your enrollment is confirmed, your new VHIC will be mailed to you, generally within 5-7 days.



HINES “MONTH IN REVIEW” PHOTOS



Hines employees held a Multiple Sclerosis Awareness Month event in the F-Lobby on March 5.



Hines Administrative Fellow Tiffany Stubbs (center) won third place in the American College of Healthcare Executives (ACHE) Poster competition on March 26 for her Compensation & Pension project.



Hines employees attended the Social Work Month luncheon in the Auditorium on March 31.



Hines Employees participated in “Random Acts of Chocolate” in the F-Lobby on March 5.



Hines Registered Nurses (left to right) Mary Heneghan, Annalyn Hernandez, Beverly Jordan and Ann Schmitt participated in the monthly Nursing and Partnership Excellence Display in the F-Lobby on March 3.



Veterans and staff of the Blind Rehabilitation Center had fun during a ballroom dancing class on February 26.



Hines Fisher House Manager Holly Wright cut a cake at an open house event on March 12 in celebration of the fourth anniversary of the opening of the Hines Fisher House.



Hines employees helped raise awareness for Traumatic Brain Injury (TBI) prevention during an F-Lobby event on March 25.

April 6-12 is National Volunteer Week!

Each year, the Department of Veterans Affairs Voluntary Service (VAVS) joins the Nation to observe and celebrate National Volunteer Week, when we formally recognize and honor the profound impact and contributions of VA volunteers for their service to Veterans and their families. In Fiscal Year 2013, more than 79,000 volunteers contributed more than 11.3 million hours of service to Veterans at VA medical facilities across the country.

During National Volunteer Week, April 6-12, 2014, VA awards and recognizes volunteers for their service, honoring the service of our country's most committed volunteers and sharing their achievements to encourage more Americans to volunteer. National Volunteer Week began in 1974 to recognize and celebrate the efforts of volunteers. Since then the week has become a nationwide effort to urge Americans to volunteer in their communities. President Richard Nixon established National Volunteer Week with an Executive Order in 1974. Every sitting U.S. president since Nixon has signed a proclamation promoting the week (as have many U.S. mayors and governors).

At Hines, we celebrate the 1081 regularly-scheduled volunteers who provided 149,353 hours of service to our Veterans. These committed individuals serve in many capacities throughout the hospital. They transport and entertain Veterans, assist in offices, distribute communion to inpatients, play games with residents, and provide extra hands for projects that otherwise might not get completed. On April 10, Hines will recognize volunteers at the annual Volunteer Award Ceremony.

Take an extra minute during the week of April 6-12 and thank the volunteers for the great work they do!

Research Study!

Research Study for Hines VA Women Employees and Women Veterans

Be part of this important research study examining the benefits of Mindfulness Based Stress Reduction for Hines VA women employees and women Veterans.

Mindfulness Based Stress Reduction is a program that helps individuals learn to deal with the stress and demands of everyday life. The program was developed at the University of Massachusetts Medical Center in 1979 by Dr. Jon Kabat-Zinn and is now used today as a form of complementary medicine throughout the world. "Mindfulness" is a way of being deeply present in life- your body, your thoughts, and your emotions. It is learning how to respond to unavoidable stressors.

Eligibility:

- Female VA employee and/or Female Veteran
- Age 18 years or older

Study Specifics:

- Agree to participate in weekly educational sessions for 8 weeks
- Complete written questionnaires at beginning and at end of program
- Does not require medication use
- Will not interfere/change your medical care
- Strictly confidential
- No cost

VA employees are expected to participate in this study during their off-duty time.

This eight-week program will be offered three different times throughout year. The next program will be on Tuesday evenings from 6 p.m. to 8:30 p.m. beginning May 6th. Registration is required.

Please contact Dr. Karen Saban at (708) 202-5264 for more information about this study or to register.

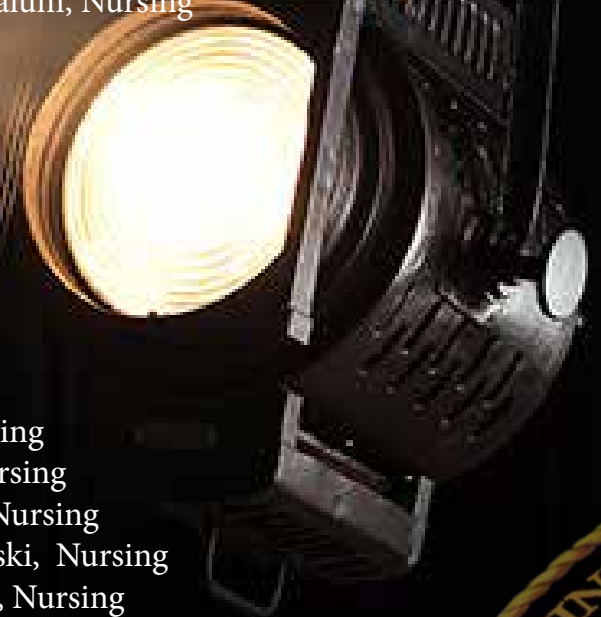
EMPLOYEE SPOTLIGHT!

Welcome to Hines!



Joel Anthony, Patient Administration
Shantel Bailey, Mental Health
Steven Barnett, Mental Health
Ryan Belk, Mental Health
Ernie Bush, Nursing
Jordan Butterfield, Pharmacy
Billie Cashaw, Pharmacy
Samistha Chaudhuri, Rehabilitation
Donald Coleman, EMS
Benjamin Conover, Mental Health
Shimere Cooper, Pharmacy
James Doelling, Nursing
Jason Ethington, Surgery
Vincent Fagan, OI&T
Raquel Flores, Mental Health
Angel Goyco, Patient Administration
Dyanna Gregory, Research
Jennifer Hirsh, Pharmacy
Lauren Johnson, Mental Health
Richard Kemp, EMS
Hira Khan, Research
Gary Kiefer, Patient Administration
David Kilpatrick, FMS
Scott Klatt, FMS
Michael Klein, Research
Sandra Larson, Surgery

Jimya Malone, Nutrition & Food
Fyan Mastin, Nutrition & Food
Jeffrey McClanahan, FMS
Amy McCrary, Nutrition & Food
Katherine McKelvey, Mental Health
Paige Miller, Nutrition & Food
Anthony Minaglia, Police
Jay Moffat, EMS
Latonya Moore, Patient Administration
Joseph Morales, Mental Health
David Nayak, Medicine
Eileen O'Halloran, Surgery
Catherine Obordo, Mental Health
Brian Ragsdale, Patient Administration
Gerald Robertson, Research
Catherine Robinson, Mental Health
Jennifer Rodriguez, Fiscal
Erin Rogers, Patient Administration
Christopher Salhany, Patient Administration
Roberta Shockley-Brewer, Research
Anthony Spann, Environmental Management
Nicole Squair, Pharmacy
Edna Thigpen, Nutrition & Food
David Trester, Research
Stephanie Vacala, Mental Health
Gregory Vanduan, Mental Health
Maurice Ward, Nursing
Kim Wasilewski, Nutrition & Food
Tia Whalum, Nursing



Farewell Retirees!

William Baar, OI&T
Joan Casseday-Osterman, Nursing
Rosario Chiong, Nursing
Herbert Kimmel, FMS
Jerry Kohen, Dental

Larry Ohm, Nursing
Rosie Owens, Nursing
Rachel Purchas, Nursing
Richard Spadlowski, Nursing
Patricia Williams, Nursing

Two types of blood
draws are taken
at the drive.

Pint Donations is the
Amount taken.
(Approx. 1Lb)



TYPE 1: DOUBLE RED

Pint of blood is drawn from donor to a machine that transports the container of blood to a centrifuge where the red blood cells are separated from the platelets and plasma. Then donor's blood is returned to the donor with a saline solution. The process takes between 30 and 40 minutes. More red blood cells are used from this process than would be available from a whole blood draw as described to the right. These red cells are the most transferable blood products that can be drawn for a variety of ailments.



Have You Considered Donating to the Hines VA BLOOD DRIVE

Sponsored by the Edward Hines Jr. VA Hospital

Supplying blood products needed by all the hospitals in the entire Chicago area.

EIGHT REASONS WHY YOU SHOULD CONSIDER DONATING BLOOD DURING THE REGULAR BLOOD DRIVES.

1. *Someone needs blood every three seconds in this country. An average of 40,000 units are needed every day in the U.S. There is no substitute for human blood.*
2. *60% of the population will need blood at some time in their lives, yet less than 5% of the population donates.*
3. *Disasters like car accidents, fires and other trauma cases happen every day and these patients need blood. Rarely do they need only one pint. A bleeding trauma victim can run through 100 units of blood in no time.*
4. *Donating blood is safe and a healthy thing to do. Not only do you get a free mini-physical, including blood pressure check, heart rate, temperature and iron levels, but it's the fastest way to lose a pound!*
5. *For decades, the nation relied on a large pool of blood donors from "The Greatest Generation." Heroic World War II Veterans considered blood donation to be an on-going patriotic duty. Sadly, with that generation quickly disappearing, new donors are not stepping forward to replace them.*
6. *Blood donors are true heroes. In fact, your one blood donation will be broken down into several components, enabling you, with just one donation, to save up to three lives!*
7. *The risk for "hemochromatosis or iron overload" is a potentially deadly problem where too much iron builds up in the blood, leading to heart disease and other major health problems. Research shows if men give blood 3 times a year, they reduce their iron overload and lower their risk of a heart attack by as much as 50%!*
8. *If all eligible donors would donate on a regular basis, four to six times a year, blood needs would be met and shortages would be a thing of the past.*



Adrian Fis
Manager & Team leader
Of the blood drive.

Said that the stabbing that left his brother near death inspired him to join the Blood Donor Group. Without supplies of blood from donation centers, his brother would not have survived the attack. Adrian is accustomed to the joking from donors of being a vampire or serving the vampire culture currently featured in many movies TV series.

**NEXT BLOOD DRIVE
DATES ARE JUNE 3-4
8 a.m. – 3 p.m.
Hines Auditorium
Please bring a photo ID!
For more information,
contact Joe Dombkowski
at ext. 2-2049.**



TYPE 2: WHOLE BLOOD DONATION

Uses all the elements of the blood in the way of plasma and platelets. Process takes approximately 10 minutes. Crackers and soft drinks or juice are provided for a short recovery usually about another ten minutes.

Individuals who have donated blood can continue donations after eight weeks for general blood draws, or sixteen weeks if a double red blood draw was taken.

When donors give blood, they receive a cholesterol test and a mini-physical that can catch certain illnesses in the early stages. Some Blood Centers test blood from donors for numerous diseases including HIV 1 and 2, West Nile Virus, Syphilis, Hepatitis B, Hepatitis C, T. Cruzi or Chagas as well as the Human T-Cell Lymphotropic Virus 1 and 2.





WHAT'S NEW IN CONSTRUCTION?

Current Projects

PROJECT

Renovate hospital front entrance
Renovate operating room
Construct smoking shelter, Building 217
Renovate PAS and Emergency Preparedness, Building 1

ESTIMATED COMPLETION DATE

TBD
*June 2014
August 2014
July 2015

Upcoming Projects

PROJECT

Construct E85 filling station
Renovate Building 228, Mental Health
Repair and insulate Building 200 exterior (Façade replacement)

ESTIMATED START DATE

August 2014
October 2014
October 2014

* Denotes construction complete but activation/opening still pending.

Where's the Hines Mobile Medical Unit?

Kankakee, Ill.

April 2, 2014

Parking lot at the corner of Court and Schuyler
9 a.m. - 1 p.m.



Morris, Ill.

April 7, 2014

212 W. Washington Street
9 a.m. - 2 p.m.

Chicago Heights, Ill.

April 9, 2014

202 South Halsted
8 a.m. - 12:30 p.m.

To schedule the Hines Mobile Medical Unit for a Veteran-focused event, contact Cris Mabrito, Hines Outreach Coordinator, at (708) 202-8387 ext. 20011 or email her at cris.mabrito@va.gov.

DID YOU KNOW?

The Hines Reproduction team works behind the scenes to provide numerous services for Hines!

Some of the services provided are:

- Print booklets with clear plastic covers and comb spine
- Print magazine-style booklets, folded with staples in the middle
- Print and cut business cards to size for VA employees
- Print awards and congratulations certificates on card stock
- Print and fold tri-fold and bi-fold brochures for the various medical clinics
- Print and laminate clinic and administrative materials needing protection
- Print and separate all mail to Veterans for Hines and the six community based outpatient clinics (CBOCs)
- Insert mailings and return copies with return business reply envelopes

With their state-of-the-art Ricoh equipment, no reproduction or publishing job is too big! And, they can also handle the smallest job you might have. They are a hands-on department!

The Reproduction team can personally answer all questions regarding your current print job, or one you may be planning in the future. They can be reached at (708) 202-1005.

"...we will add value to our service with our knowledge and experience, making the print process as effortless as possible." ~From Reproduction mission statement



REProDUCTION at Hines
not just in **BLACK & WHITE**



Save the Date!

Edward Hines, Jr. VA Hospital
&
James A. Lovell FHCC

Research Day!
May 20th

National VA Research Week is
May 19th - 23rd
Theme: "VA Research: Making A
Difference"

*More information about itinerary,
venue and abstract solicitation will
be forthcoming!*

HOW  **do I**
GET INVOLVED
with MY own
HEALTH CARE?

www.veteranshealthlibrary.com

Hines CBOCs

Hines currently operates six Community Based Outpatient Clinics (CBOCs), which are local, outpatient primary care clinics, to make access to healthcare easier. The clinics offer a variety of services including women's healthcare, laboratory services, retinal imaging, pharmacy and nutrition consultations, home-based primary care, group health education and mental health services. Some locations offer specialty care to include audiology assessments and hearing aid repair, physical therapy and rehabilitation, as well as geriatric care.

Aurora CBOC

161 South Lincolnway
North Aurora, IL 60542
Phone: 630-859-2504

Elgin CBOC

450 W. Dundee Rd.
Elgin, IL 60123
Phone: 847-742-5920
Fax: 847-742-6124

Joliet CBOC

1201 Eagle St
Joliet, IL 60432
Phone: 815-740-8100
Fax: 815-740-8101

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581 William Latham Drive, Suite 301
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Upcoming Events and Observances

March 2014

Women's History Month	National Nutrition Month
National Kidney Month	Multiple Sclerosis Education Month
National Social Work Month	Brain Injury Awareness Month
2-8 Patient Safety Awareness Week	16-22 National Poison Prevention Week
3 National Anthem Day (1931)	17 St. Patrick's Day
8 International Working Women's Day	20 Spring Begins
9 Daylight Savings Time Begins	22 World Day for Water
10-16 International Brain Awareness Week	24 World Tuberculosis Day
12 Registered Dietitian Day	25 National Medal of Honor Day
13 World Kidney Day	26 Diabetes Alert Day
13-19 National Pulmonary Rehabilitation Week	30 National Doctors' Day

April 2014

Alcohol Awareness Month	Cancer Control Month
National Occupational Therapy Month	Parkinson's Awareness Month
Sexual Assault Awareness Month	Stress Awareness Month
1-7 Testicular Cancer Awareness Week	15 Tax Day
6-13 National Volunteer Week	16 National Health Care Decisions Day
7-13 National Public Health Week	16 National Stress Awareness Day
9 National Former POW Recognition Day	20 Easter Sunday
10 Bataan Death March Anniversary (1942)	22 Earth Day
11 National Alcohol Screening Day	24 Administrative Professionals Day
13 Palm Sunday	25 Arbor Day
13-19 National Library Week	25 Malaria Awareness Day
14 Passover begins at Sundown	27 Holocaust Remembrance Day

May 2014

Asian-Pacific American Heritage Month	High Blood Pressure Awareness Month
National Mental Health Month	Arthritis Awareness Month
Lupus Awareness Month	Oncology Nursing Month
2 National Day of Prayer	11-17 National Women's Health Week
4-10 Public Service Recognition Week	11-17 National Hospital Week
6 World Asthma Day	14 Receptionists Day
6-12 National Nurses Week	15 National Employee Health and Fitness Day
8 Red Cross Day	21 Hines VA2K Run/Walk
9 Military Spouse Appreciation Day	26 Memorial Day (Observed)
10 World Lupus Day	29 National Senior Health and Fitness Day
11 Mother's Day	



DEPARTMENT	BUILDING	FLOOR/ROOM
Admissions	200	1st Floor
Audiology	228	1112
Auditorium	9	1st Floor
Blind Rehabilitation Center	113	1st Floor
Cafeteria	45	1st Floor
Chapel	200	C101
Compensated Work Therapy	13	3rd Floor
Compensation and Pension	12	2nd Floor
Credit Union	1	A133
Dental Clinic	200	12th Floor
Diabetes Clinic	200	4th Floor
Dialysis Clinic	200	6th Floor
Emergency Department	200	1st Floor
ENT Clinic	200	1112
Extended Care Center	217	1st Floor
Eye Clinic	200	A153
Eye Diagnostic Lab	200	C129
GU Clinic	200	B020
Geriatric Outpatient Clinic	217	1st Floor
Human Resources	17	1st Floor
Imaging (CT Scan, MRI, Ultrasound)	200	C105
Laboratory/Blood Draw	200	D110
Lost and Found	200	A126
Mental Health Outpatient Clinics	228	1st - 4th Floor
Mental Health Outpatient Clinics	13	All Floors
Non-VA Medical Care	9	101
Nuclear Medicine	1	G201
OEF/OIF/OND Program	228	1029
Optical Clinic	228	1051
Patient Advocate Office	228	1055
Patient Education Resource Center	1	G100
Patient Financial Services	1	E131
Pharmacy	200	B128
Post Office	45	Atrium
Prosthetics	228	5th Floor
Radiation Therapy	200	Basement
Rehabilitation Therapy Clinics	228	Basement
Residential Care Facility	221	1st Floor
Spinal Cord Injury/Disorder Clinic	128	1st Floor
Sub-specialty Outpatient Clinics	200	4th Floor
Surgical Outpatient Clinics	200	5th Floor
Voluntary Service	9	1st Floor
Women's Health Center	200	12th Floor
X-ray	200	D101A